

From Crosbar House

Where do we go from here?

It was most encouraging to see how many came to church on Sunday 9th January to say 'Goodbye, and 'Thank you,' to Stewart, Carolyn, Olivia and Gregor. It was so good to see how many lives their ministries have touched. If you were able to be with us that day you would have heard him exhorting us to move forward with God at the centre of our lives, he used Biblical texts to illustrate his sermon; (1 Corinthians 3:1-11, 16-17, 21-end and John 14:1-18, 25-end) both of which will help us to manage the next few months. He has certainly left us in a good place.

We must work together as a Benefice of parishes, congregations and, above all, as Christian brothers and sisters in order to find the next incumbent to move us yet further on the path toward the Kingdom. It is a time to pray with a common purpose, that of serving our Benefice and Mission Community in God's name and preparing ourselves for a new leader by maintaining, possibly even growing, each of our church's lives.

As we move out of the Epiphany season and onto the countdown to Lent which begins with Ash Wednesday on March 2nd, prayer and discipline become even more important. In the Lent communion prayer there is a line which says "in these forty days, you lead us into the desert of repentance that, through a pilgrimage of prayer and discipline, we may grow in grace and learn to be your people once again." In Lent, we will be learning to be God's people once again by considering our vocation. Now, in the vacancy, it will be an appropriate time to begin to do this even before Lent begins.

There are many tasks that you may be able to take on during and after the vacancy is filled. Each of us has God given gifts. What is the unique combination of gifts, concerns and personalities God has given each of us that point us to our purpose within his plans? How can we develop those in order to live out our vocation together and find our true meaning in God's purposes? It's not a glib answer, but a pilgrimage. We'll be following it through our Sunday services and in our personal devotions. Please join us on the journey and discover, with us, how to grow in grace and learn to be God's people once again?

Where do we go from here? We must go forward in faith, confident that God will send us a new and inspirational leader.

Sheila

Church News & Local Events

NW Benefice House Group

The group usually meets on the first Tuesday of each month but is not planning ahead at present., . For more details ring 01931714455.



Morland Mothers Union

We are planning to hold our February meeting on Thursday 24th February at 2pm in Morland Village Hall. This will be our AGM. If there is any change to this date due to the Covid situation, we will keep members informed by email.

Bolton Mothers' Union

Monday Feb 17th, 2-4.30pm
Bolton Memorial Hall

A members' meeting with poetry and discussion.
Everybody is very welcome.

Our full programme for 2022 is on display in the Bolton bus shelter or by contacting 017683 61808.

Bolton WI

Monday Feb 14th, 7.25pm
Bolton Memorial Hall

Flour Power - Bob Price will be giving a presentation about the restoration of the Acorn Bank Watermill

Details of our 2022 programme are on display in the Bolton Bus Shelter or by contacting 017683 62862

Everybody is welcome.

As you may imagine, recent weeks have been rather busy. As a result, I may have missed something that you have submitted for this issue. If so, I apologise.

From March onward, you will have a much more efficient editor. Please send all copy to him from now. **EditorNorthWestmorlandNews@outlook.com**, never to his personal email address.

Thank you all for your support over the years and my hearty thanks and welcome to Alex Paris who has taken over the editorship.

Sheila

From our Registers



Arthur Nigel Blenkinship was baptised at St. Lawrence Crosby Ravensworth Sunday 23rd January.

Lee Morris and Amie Davidson were married at St. Peter Askham, Saturday 20th November

Edward Gardiner and Katy McNulty were married at St. Peter, Askham, Saturday 4th December

John Kite and Sarah Auty were married at St. Peter Askham, Saturday 18th December

The funeral of Lily Taylor was held at St Barnabas, Great Strickland on Tuesday 7 December and her mortal remains were laid to rest in the churchyard.

The funeral of Catherine Ross was held at St. Michael, Lowther on Friday 7 January and her mortal remains were laid to rest in the churchyard.

All Saints, Bolton is in desperate need of either a PCC secretary or a treasurer?

We are losing our current treasurer soon.

Our secretary is willing to take over this role but only if someone else will take on the secretarial role

Someone please help!

News from St. Peter Askham

December 19th Carol Service,
We must thank all the people who volunteered to read the Nine lessons,
Readers, Mrs Joanne Daz, Mrs Hazel Robson, Mr Joe Cann, Mrs Sarah Albion, Mr Neil Hughs (councillor), Olivia Daz, Mr John Banks, Mrs Juliet Fossey, Rev. Sheila Clark.
It was a well-attended, around 40-50 people.
Thank you to all those who were present at this time.

.....
Crib Service. Again it was a really nice Service, organised and run by

Mrs Carolyn Fyfe. The story of the way to Bethlehem was told by Mrs Juliet Fossey, and the small children placed the figures of Mary and Joseph the shepherds and the kings into the stable, waiting for the Baby Jesus to arrive. Baby Jesus was taken down the aisle with the help of one very small little girl and her daddy, who then placed the baby Jesus into the crib in the Stable beside Mary and Joseph.

We also had nine Carols, which was lovely to hear, and was enjoyed by all.

.....
Christmas Morning Eucharist was held in St Peter's Church,

Holy Communion was led by Rev. Sheila Clark, There were approximately 14/15 people in the congregation,

It was a really lovely service enjoyed by all who were in attendance,

We thank you all for your support, and we wish you a very Happy New Year to You all, and we pray that this year will be a lot better than the last two years.

Many thanks from Askham with Lowther PCC.

For the people living in the North Westmorland group of parishes and surrounding areas, The Fellrunner Village Bus Group have again kindly offered to provide a 16 seat bus for community use this year, and a list of the proposed trips is given below. If you would like to make a booking, please contact Mike Roulson on 01931 714457 to enquire if seats are available. Please note that for some visits there will be an entrance charge payable as well as the bus fare.

All trips this year will be subject to the latest Government guidance regarding Covid 19 and may be cancelled or changed at short notice. If social distancing still has to be maintained then only 10 passengers will be able to travel on the day so prior booking is essential.

5 March.....Boundary Mill Colne. One of the U.K's largest retail mill store.

2 April.....Imperial War Museum and Media City, Salford Quays Manchester.

30 April....Helmsley, explore the lovely old market town in the North York Moors, optional visit to the castle or a walled garden nearby.

4 June... A visit to Howick Hall gardens and arboretum followed perhaps by an ice cream at Alnmouth on the north east coast.

9 July.....Brantwood nr. Coniston, the home of John Ruskin one of England's most important social and cultural figures. A house filled with paintings and personal treasures.Magnificent gardens and views over Coniston Water.

6 August....Dumfries House. Set in 2000 acres this stunning estate and 18th C house with its unrivalled collection of Chippendale furniture. Timed group entry only to the house.

3 September.....The Devil's Porridge Museum nr Gretna. "An explosive wartime experience". Learn about the people who made some of the armaments for the 2 world wars, followed by a visit to Kirkcudbright.

8 OctoberSkipton, a lovely small town in Yorkshire with a good market.

29 October....The Albert Dock complexLiverpool, take in the sights and sounds of this famous city....ferry across the Mersey perhaps !!

26 November.....Ulverston Dickensian Festival...Date still to be confirmed by the organisers.

10 December....Houghton Hall, a garden centre but much more, a destination to continue with your Christmas shopping.

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By Olivia Fyfe

Last time: Stormalong John got fed up with life on sea, and left to become a potato farmer.

Five years passed, and Shay didn't hear a word from or about Stormalong John. Then one day, as he was taking shore leave in Boston, he heard whispers of a giant who had come to town. Shay knew this had to be Stormalong John, so he asked around and eventually managed to find the inn the giant was staying at.

Sure enough, there was his old friend, sitting hunched up at the bar, looking thin and miserable. “Well, well, well. I thought I’d never see you again.”

"Shay! My but it's good to see you, old friend."

“Farming not suit you then?”

Stormalong John spat in disgust. “You were right, farmin’ is terrible hard work. Much harder than holystonin’ the deck.”

Shay laughed. "So are you coming back to sea?"

"I'm tryin' to, only I'm not going back in one of those piddly little boats where a man can't stand up without gettin' tangled in ropes."

"I never have any problems," Shay said unhelpfully. "Anyway, *Lady of the Sea* was one of the biggest there was."

“Pah. Far too small.”

“Well I think I may have some information that’ll be to your liking. Follow me.”

Stormalong John followed Shay down to the harbour. There were plenty of big, splendid looking ships there, but none of them big enough for a giant of a man like Stormalong John. But, just visible on the horizon was the most enormous ship anyone had ever laid their eyes on. Stormalong gasped.

"I thought you would like her." Shay grinned. "She's not quite built yet. Thomas McKay is her owner. Everyone thought it was madness to build a ship that size, but not with you at the helm. I'll speak to McKay for you, and see what can be done."

Thomas McKay was only too glad to hire Stormalong John as captain of the giant ship. Stormalong John immediately named Shay as his First Mate, and the two set out, hiring a large enough crew to man the ship. By the time the ship was complete, Stormalong John had hired enough men, and soon they were ready to sail.

The ship's name was *Courser*, and she was truly huge. She was too big to fit in even the largest of harbours, she needed a team of men to steer her, and there was a stables on board, filled with Arab horses so the regular-sized crew could get from one end to the other. It took men a week to climb from the deck to the top. Both her mainmast and foremast had been built with hinges in between the topgallant and the royal, because otherwise they would risk getting caught on the moon. And, most importantly, Stormalong John could stand upright anywhere on deck, and not get tangled in the rigging.

When he first stepped on board, Captain Stormalong looked pleased as punch.

“Ah yes,” he said, “this is a real ship. A man can stand up without getting’ tangled in any sails or riggin’.”

“Most men could do that on a regular ship.” First Mate Shay pointed out, but the Captain took no notice.

Chapter Five will be published in the next edition

MORLAND PARISH COUNCIL

Working for you since 1894
morlandparishcouncil.org.uk

Find us on 
facebook.com/MorlandParish

Neighbourhood Development Plan

The Morland Neighbourhood Plan is still ongoing. The final major part of the plan is waiting for attention on specific planning matters from Eden District Council. We have a contact dealing with this, but the department is currently stretched and we are in a queue. Whilst frustrating, we have to be patient. Going forward, we are looking at joining a scheme that is detailing heritage assets of value within our communities, by doing this, we hope to secure another layer of protection for the assets identified around our village in the 'Heritage Report'. Thank you. "

L. Robson, Chair, Neighbourhood Plan Development Group.

Parish Council update

- The Parish Council is in the process of purchasing new goalposts for the playing field.
- The noticeboard in The Square has been professionally refurbished and reinstalled.
- At the November meeting two grants were awarded; £136.50 to the Fellrunner Bus Service, and £100 to 3 Dads Walking.

Parish Clerk meet up

Our Parish Clerk, Lisa Beken, and Councillor Lesley Robson, will be at the Millyard Café from 10am on **Thursday 10th March**. This is an opportunity raise any Parish matters, discuss the Neighbourhood Plan, and ask any questions.

Meeting

The next Ordinary Meeting of the Parish Council will be held on **Monday March 14th 2022**, at 7.30pm at Morland Village Hall. Members of the press and public are welcome to attend. Agendas are available at least three working days prior to meetings, online and on village noticeboards, alongside meeting minutes.

Parish Clerk: Mrs Lisa Beken, clerk@morlandparishcouncil.org, 07522 939 696

Tea, Coffee & Chat

Morland and Newby Village Hall

Every Thursday in term time

9:45am—11:00 am

All welcome

Come and join the chat.

Open to all ages.

Mums/Dads/Grandparents/carers/
singles -

Bring your babies and toddlers -

Come on your own -

Housebound? Ring for a lift.

01931 714238



. Please come and join us.



MORLAND UKULELE GROUP

Meet Tuesday evenings 19:00 -21:00
at Morland Village Hall
(when available)

New members always welcome,
but please ring to check as we will
occasionally meet at an alternative
venue.

Contact Mark or Rachel
on 01931 714163



The North Westmorland News is available via email!

**Please send your email address to:
& receive the newsletter before its paper publication date.**

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Message to all local event advertisers.

As printing costs for the North Westmorland News have inevitably risen with the additional areas of distribution, we are trying to minimise the effects by reserving the right to reduce the size of any local (free) submissions when space is limited. In case you wish to lessen the chance of a significant reduction of your copy, a 'landscape' ad is less likely to be significantly shrunk than a 'portrait' version.

1st Crosby Ravensworth Brownies

We are back on Any new girls that would like to come along for the evening are welcome. Brownies is for girls aged 7-10. I would appreciate it if you could let me know in advance. Why not come along, make new friends and have some fun. I look forward to seeing you there.

Jo Laverick (Guide Leader)

Events at Shap

see our website for details

www.theoldcourthouse.org

EDEN ACTIVE FIT4ALL at Shap

Memorial Hall

Wednesdays 9.45 - 11.45am

£3 per session All Welcome

Gentle activities designed to help you become more active in your older years in a friendly, sociable setting.

Details from the Old Courthouse, Shap

Contact website for up to date

information re Covid-19

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Advertiser's Guide

When submitting a paid advert for inclusion in the newsletter please note:

- 1/4 page ads should be max A7 portrait in size (preferably 6.8 cm w x 9.4 cm h)
- 1/2 page ads should be max A6 landscape in size (preferably 13.8 cm w x 9.4 cm h)
- Full page ads should be max A5 portrait in size (preferably 13.8 cm w x 19cm h)
- The newsletter does not print in colour.
- We do not accept adverts over 350kb so that the newsletter is small enough to email, therefore please compress any pictures to reduce their size.
- Preferred file formats: Graphic files (.jpeg, .gif, .png), Publisher docs, Word docs.

Advertising Rates

1/4 Page ad per annum £70 per 1/2 year £38 per month £9
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Full Page ad per annum £220 per 1/2 year £120 per month £26
If you are interested in placing an advert please contact
Meg Hancock megahnc@btinternet.com) 01931 714 432

Please support our advertisers:

they cover a large part of the cost of printing this magazine.



Creative Cuppa

Join us at the Studio Morland for a cuppa, a chat and enjoyable creative activities specially designed to make you feel wonderful!



We are running a new series of creative wellbeing sessions for people living with dementia and those experiencing loneliness.

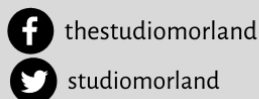
Sessions will be fun and gentle and will include storytelling, poetry, music and imagination, alongside time to chat to new friends.

Places are FREE with refreshments (cake!) but limited due to space.

WANT TO KNOW MORE?:

Contact us or go to thestudiomorland.co.uk/creative-cuppa

For people living with dementia and those experiencing loneliness



thestudiomorland.co.uk
thestudiomorland@gmail.com
01931 714444

The Studio Morland
Morland, Penrith
CA10 3AZ



What's on @ The Studio Morland

Thursdays: 5:30-6:30pm: Physio Pilates with Andy
6:30-7:30pm: Physio Pilates for Men with Andy
Fridays: 10 - 11am: Physio Pilates with Andy Speight
11am - 12pm: Physio Pilates with Andy Speight (BOOK: 07596957027)

Saturday Art Club

FOR SERIOUSLY CREATIVE YOUNG PEOPLE

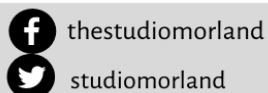
Join us to be guided by pros to create impressive pieces of art, whilst building up your creative portfolio, honing specialist skills and speaking to professionals throughout the industry to inspire your future career.

thestudiomorland.co.uk/saturday-art-club

Morland Cine Clubhouse

Are you interested in helping us make a community-run cinema night happen regularly in Morland? The Studio Morland has a big new projector screen ready for us to make a cinema night a thing - but we need your input to make it happen.

Do get in touch if you'd like to help



thestudiomorland.co.uk
thestudiomorland@gmail.com
01931 714444

The Studio Morland
Morland, Penrith
CA10 3AZ

What could be more important than saving a life?

Community First Responders for Morland, Bolton, Newby, Cliburn, Kings Meaburn, Great & Little Strickland and Surrounding Area

!!!!VOLUNTEERS URGENTLY NEEDED!!!!

Unfortunately Morland Area Community First Responders are desperately short of volunteers.

In remote communities like ours we can literally save lives by providing first aid to patients before the ambulance arrives.

In out of the way areas like ours it can sometimes take much longer for an ambulance to reach the patient and first responders get there first to provide potentially life saving help for the short time before the ambulance arrives.

You will receive excellent training from North West Ambulance Service and ongoing refresher training and excellent support from existing volunteers.

This is a very rewarding and interesting volunteering opportunity and you can volunteer for as many hours per month as is suitable for you.

If you are just starting out on your career or thinking about changing your career path this is an excellent addition to your CV.

Minimum age 18

Must hold a driving licence

If you are wondering whether this might be something that you could do then please don't hesitate to call **Dean on 07812 773407 or Caroline on 01931 714971** for a chat, we can answer any questions you may have as we both have years of experience as CFR volunteers.

NORTH WESTMORLAND ARTS
Appleby Public Hall 7.30pm

27th February 2022 - £15
Boglarka Gyorgy - violin
Amy Butler - piano

13th March - £15
Solway Saxophone Quartet

3rd April 2022 - £20
Meliora Collective
Septet including string quartet,
flute, harp and clarinet

Tickets at the door or online
www.appleby-concerts.org.uk

Email: enquiries@appleby-concerts.org.uk
Tel: 017684 83777

Supported by: Westmorland Arts,
Hadfield, and Bryan Lancaster Trusts



Please keep donating to our local food banks in Appleby (Sands Methodist Church) and Penrith. (Salvation Army) Many more families are still finding it hard to manage through this difficult time.



FOOD DRIVE

Lowther Endowed School

'Stay and Play' sessions

Supervised by a member of the teaching staff
All pre-school children are welcome to attend.

Check school website



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Affected by Cancer?

APPLEBY & DISTRICT CANCER SUPPORT GROUP

Invite you to

Come for Coffee

Open to all in Eden district



We Meet

- Every 1st & 3rd Monday of each month
(except Bank Holidays)
- in The Bennett Room The Hub
Chapel Street Appleby CA16 6QR
~10 am - 12 noon

Chat in confidence with others
going through tough times

Also on offer:
Light exercise

Further Info, Phone
~ **Rosie on 017683 52263** or
~ **Jackie on 017683 52277**

Do you care?

If so Eden Carers may be able to help you. We are a charity providing free support throughout Eden to unpaid Carers who look after a family member, relative, friend or neighbour who could not manage without their help. We support over 850 individuals (170 of whom are young Carers aged 5-18 years). We provide statutory carers assessments: information and sign-posting; 1 to 1 support; benefit information; newsletters, support groups - including after school clubs for Young Carers; social events; training and activities.

Contact us on: 01768 890280 or
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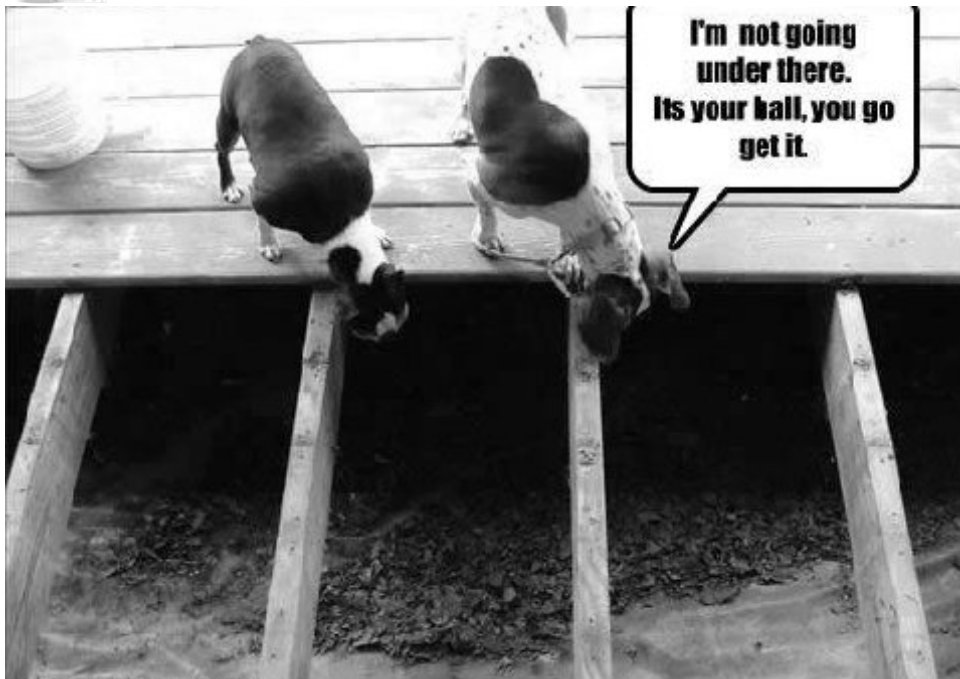
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Thorney Croft, Kirkby Thore,
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A pub choir in rehearsal?



Scared dogs!



Kevin Bush

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Cumbria County Council



Need help with transport?

Voluntary Social Car Scheme

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The Voluntary Car Scheme provides transport to Cumbrian residents of any age (under 18's must be accompanied by an adult) who cannot make their journey by public or private transport.

Typical journeys include getting to the shops, doctors, dentists, making public transport connections and visiting friends.

Passengers pay a contribution towards the cost of the transport. If two people or more travel then the fare is shared between them.

If you would like to make use of this service or are interested in driving for the scheme, please contact:

DENNIS ON 015396 26052



Transport initiatives available through Cumbria County Council

- Voluntary Car Scheme
- Rural Wheels
- Community Wheels
- Village Wheels
- Community Minibus Sharing Scheme

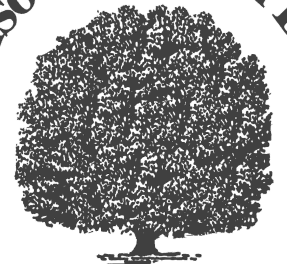
For more information contact: 0333 240 5955 (option 5)

facebook.com/Cumbriacc

Serving the people of Cumbria

cumbria.gov.uk/
voluntarycarscheme

Richardsons Funeral Directors



est. 1852

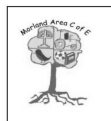
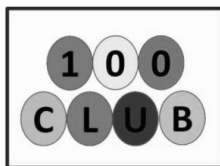
Funeral arrangements with
a professional, friendly service

24 Hours a day

Tel: 01768 891189

www.funeraldirectorspenrith.co.uk

Morland Area



WIN between £15 and £40 per month with better odds than the lottery?!!

Help to raise funds to maintain and continue to improve Morland Area Primary School.

Please fill out an application form in full and hand it in to Stacey Young, Julia Evans or drop it in the '100 Club' box in Morland School reception.

Membership Application Form

I wish to become a member of the **Morland Area '100 Club'**

Name: (Names if applying for more than one person)

Address: (in full for prize payment:

Post Code: Phone No.:

Email: How many numbers would you like to enter in the monthly draw

I agree to be bound by the rules of the club, and confirm I am over 16 years of age.

Signed: Print: Date:

I wish to pay via monthly yearly standing order (please circle which)

Full Terms & Conditions available at www.morlandarea.cumbria.sch.uk/topic/parents or can be emailed on request

Julie Downes BSc (Hons) MChs

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Morland 100 club winners for December

1st. Prize David Buckle

2nd. Prize Rys Griffiths

3rd. Prize Rachel Kraft

Could you be a winner? You won't know unless you subscribe.

Support your local school,
Morlanders and Newbyites!

For those of you from other villages, all our schools need your support too.

Look for opportunities..



Take Positive Steps to Avoid Trips and Falls

People of all ages fall. However, the consequences of falling for older people can be serious. Falling due to aging is not inevitable, there are simple things we can do to minimize risk.

- **Get regular exercise** to improve strength, fitness and balance.
- **Have your eyes and hearing checked.** Vision and hearing play a vital role in balance and movement.]
- **Ask your pharmacist or GP for an annual medication review.** Some medicines or illnesses, such as poorly controlled diabetes, can make you feel faint or dizzy.
- **Look after your feet.** Painful feet and ill-fitting shoes can affect your balance and increase the risk of falling.
- **Make sure you get enough calcium and vitamin D** to keep bones strong.
- **Check your homes for trip hazards.** Some risks are obvious, but often overlooked, such as clutter or poor lighting.

Making small adjustments in your daily life doesn't mean that you have to limit your activities. In fact, it can give you greater freedom and confidence.

If you do have a fall or feel at risk of one, tell your GP

For more information or if you would like a talk or display, please contact Sara Bradley on 01228 536673 or e-mail sara.bradley@ageukcarlisleandeden.org.uk



Mill Yard Café & Bistro Morland



Robert & Sarah Kite welcome you to the Mill Yard Café where you can relax on the sofas by our cosy wood burning stove in the winter, sit back and enjoy our sunny courtyard in the summer months, drinking and eating our locally sourced and homemade delicious food or just enjoying a pot of real tea or coffee and a scrumptious cake!

RJ's Pizza Night—Friday evenings (5-9pm) - create your own pizza from a wide range of toppings and eat in our new licensed lounge or take out.

(Please see website – www.millyardcafe.co.uk for any further dates which may be closed for holidays and for more information regarding menus etc.)

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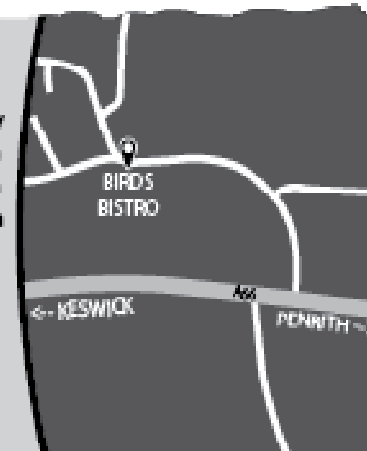
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	Askham with Lowther	Bolton	Cliburn	Crosby Ravensworth
6th Feb. 4th before Lent	11:00  Family Worship SPC	9:15 Family Communion JHB		11:00 Holy Communion AJS
13th Feb. 3rd before Lent	11:00  Joint Holy Communion Bolton JHB			
20th Feb. 2nd before Lent	11:00 Holy Communion JHB	6:30 Evening Prayer SRP	11:00 Holy Communion SPC	6:30 Evening Prayer DGJ
27th Feb. Next before Lent	11:00 Holy Communion JHB	9:15 Morning Prayer Lay Led		11:00 Morning Prayer SPC
Wednesday 2nd March Ash Wednesday	7:30 Joint Holy Communion Askham JHB			
6th March Lent I	11:00  Family Worship Lay Led	9:15 Holy Communion JHB		11:00 Holy Communion JHB

ABBREVIATIONS: : “SPC” Revd Sheila Clark, Curate; “SRP” Revd Sandy Pearl;;Deacon “JHB” Rt. Revd James Bell;; “AJH” Revd Alun Hurd“ KMcB” Revd Kenneth Boyd;;(Church of Scotland) “DGJ” David Jones, Reader; “ AJS Revd Andrew Sterling (Methodist)



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Children are welcome at all our services; and activities June be provided where you see this symbol



Midweek Holy Communion

is celebrated in Morland Church
on Wednesdays at 10.00am.
*This is a quiet, said service, an
uplifting and refreshing break
from daily duties.
Come and join us!*

	Clifton and Brougham	Great Strickland	Morland	Thrimby	Kings Meaburn Chapel
6th Feb 4th before Lent	9:15 Holy Communion SPC		11:00 Holy Communion JHB 	11:00 Morning Prayer Lay Led	10:30 A Burton
13th Feb. 3rd before Lent	11:00 Joint Holy Communion Bolton  JHB				10:30 A Sterling 6:30 CS at Brough
20th Feb.. 2nd before Lent		11:00 Informal Service Lay led	11:00 Messy Church Morland Village Hall AJH/SRP	11:00 Morning Prayer Lay Led	10:30 A Pallister
27th Feb next before Lent	9:15 Morning Prayer (BCP) Brougham DGJ	11:00 Holy Communion AJH	11:00 Morning Worship SRP		10:30 T Dent
Wednesday 2nd March Ash Wednesday.	7:30 Joint Holy Communion Askham JHB				
6th March Lent I	9:15 Holy Communion SPC		11:00 Holy Communion SPC	11:00 Morning Prayer Lay Led	10:30

ABBREVIATIONS: : “ SPC” Revd Sheila Clark, Curate; “SRP” Revd Sandy Pearl;;Deacon “JHB” Rt. Revd James Bell;; “AJH” Revd Alun Hurd“ KMcB” Revd Kenneth Boyd;;(Church of Scotland) “DGJ” David Jones, Reader; “ AJS Revd Andrew Sterling (Methodist)
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on Wednesdays at 10.00am.
*This is a quiet, said service, an
uplifting and refreshing break
from daily duties.*
Come and join us!

Think about it and read the name out loud.



Cats and Dogs

Cat's guide to caring for your human.

Cats are beautiful, sophisticated, intelligent creatures. And with a little love and caring, they can keep a human being alive for upwards of seventy to eighty years. If you follow these simple instructions, you can have your human housetrained in no time.

CLEANLINESS: For some reasons, humans seem to enjoy immersing themselves in running water. Attempts to get humans to lick themselves clean have proven interesting, if unproductive.

COMMUNICATION: Humans are unable to speak a proper language. Therefore, you should communicate a point loudly, repeatedly, and if at all possible, at about three in the morning. Any attempts at human-to-cat communication can be dealt with by simply ignoring it until it stops.

FEEDING: Morning feeding should start promptly when your human is fast asleep, preferably three or four minutes before the alarm is supposed to go off. Recommended methods of waking your human include: sitting on its face, screaming in its ear, and biting its hair.

MATING: Human mating behavior is fascinating. Unfortunately, humans tend to get easily spooked by prolonged study of courtship rituals, and resort to shoe-throwing behavior.

TOILET TRAINING: A human's natural tendency is to not change your litter box. Although experts in human behavior believe it can be attributed to the "laziness reflex," this can be easily corrected through what is called "shoe therapy." Just remember that a human shoe looks a lot like a human toilet, and you should be fine. Following these simple tips is the first step towards a long and productive cat/human relationship.

AND

Mind Games for Dogs

1. After your humans give you a bath, **DON'T LET THEM TOWEL DRY YOU!**

Instead, run to their bed, jump up and dry yourself off on the sheets. This is especially good if it's right before your human's bedtime.

2. Act like a convicted criminal. When the humans come home, put your ears back, tail between your legs, chin down and act as if you have done something really bad. Then, watch as the humans frantically search the house for the damage they think you have caused. (Note: This only works when you have done absolutely nothing wrong.)

3. Let the humans teach you a brand new trick. Learn it perfectly. Then the humans try to demonstrate it to someone else, stare blankly back at the humans. Pretend you have no idea what they're talking about.

4. Draw attention to the human. When out for a walk always pick the busiest, most visible spot to go 'poo'. Take your time and make sure everyone watches. This works particularly well if your humans have forgotten to bring a plastic bag.

5. When out for a walk, alternate between choking and coughing every time a strange human walks by.

6. Make your own rules. Don't always bring back the stick when playing fetch with the humans. Make them go and chase it once in a while.

7. Hide from your humans. When your humans come home, don't greet them at the door. Instead, hide from them, and make them think something terrible has happened to you. (Don't reappear until one of your humans is panic-stricken and close to tears).

8. When your human calls you to come back in, always take your time. Walk as slowly as possible back to the door.



Heart of Westmorland



Bereavement Support Group meets at **The Hub Cafe in Appleby** **on the 1st Monday each month** **2-4pm**



This is an informal group and anyone who has suffered the loss of someone close to them either recently or some time ago, is invited.

We do not follow a programme and will not offer counselling— simply the opportunity to talk about what is on your mind and share your feelings with others who may have felt the same. Grief affects everyone in different ways and a support group doesn't appeal to everyone, but if you feel the need to chat over a cup of tea and a biscuit, please come along.

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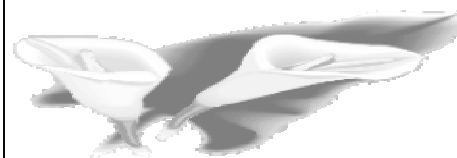
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Sat 5th March....	Fellrunner	Boundary Mill Colne.	p. V
Sun. 13th March	North Westmorland Arts	Appleby Public Hall	p. 2
Sun. 3rd April	North Westmorland Arts	Appleby Public Hall	p. 2

Local Parish & Community Websites

Askham & Helton —
www.askhamandhelton.co.uk
 Bolton — www.boltonvillage.org.uk
 Brougham — www.broughamparishcouncil.com
 Cliburn — www.cliburnparish.org
 Clifton — www.cliftonpc.org.uk
 Crosby Ravensworth —
www.crosbyravensworthparish.org.uk
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We have an extensive Menu with Real Ales on tap

We have 2 double en-suite B&B rooms in the pub ...

Plus:

LogYurt

En-suite with twin beds or a super king-sized
bed and 2 sets of bunks - sleeps up to 6 people

Dolly's LogByre

En-suite with twin beds or a super king-sized
bed and 2 sets of bunks - sleeps up to 6 people

Lina's LogByre

En-suite with twin beds or a super king-sized
bed and 2 sets of bunks - sleeps up to 6 people



We have traditional wooden seating and tables in our secluded beer garden & on our terraced front

We provide FREE superfast broadband WIFI ...

We welcome walkers, cyclists, families, **dogs** and everyone else if you are well trained and behaved ...

Our Menu is available online at www.thestricklandarms.co.uk
Covid-19 'Open Hours' from 5pm until 10pm every day of the week
We serve food from 5pm until 9pm every day of the week

**TEMPLE SOWERBY CE PRIMARY SCHOOL
PRE-SCHOOL NEWS**

Due to the success of the Pre-School facility (age 3 upwards), we are pleased to inform you that the provision is now available from 8am—6.30pm Mondays to Fridays.

We accept 15hr and 30hr government funding. Why not get in touch to see what we can offer?

TEMPLE SOWERBY TOTS

Every Thursday morning, we hold a parent and child session in school from 10am—11.30am. No charge, just come along with your children and join in the fun activities.

For further details, or to arrange to come and look around, please contact us on:

Temple Sowerby CE School Tel: 017443 61512
Temple Sowerby admin@temp-sow.cumbria.sch.uk
Penrith www.temp-sow.cumbria.sch.uk
Cumbria, CA10 1RZ

Keep up to date with all our news and events by searching for Temple Sowerby Primary School on Facebook.



Can you swim a width? Do you want to have fun and improve your swimming technique? We meet weekly at Appleby Swimming pool during term time. On a Thursday evening starting at 6.30 – 7.00; 7.00 – 7.45 and 7.45 – 8.45, depending on your ability.

3 taster sessions are offered, and if you decide to continue, the cost is £38 per term. Everyone is welcome including adults, who are welcome to attend the 7.45pm session to improve their stroke and stamina.

Volunteers to help on the pool side are welcomed and training is provided. For more information come to Appleby Swimming pool on a Thursday evening or email us on, applebysclub@hotmail.co.uk telephone Liz Morgan 015396 23068



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**Call Hilary 017683 41417/ 07557117037
Visit our Website for further information**

Bolton Nursery

We are open Monday to Friday, 8am to 6pm for babies and children aged 3 months - 11 years, offering flexible hours.

All 3 and 4 year olds are entitled to receive 15 hours of free early education per week. Families who meet the eligibility criteria will be entitled to 30 hours funded childcare from September 2017. The extended entitlement can be taken 30 hrs per week term time or 22.25 hours per week across 51 weeks of the year. Some 2-year-olds are also eligible for free funding.

We provide a **BREAKFAST/AFTERSCHOOL CLUB** during term time.

Our **HOLIDAY CLUB** will be open every week in the school holidays for primary school children within the Eden Valley. We provide holiday cover for SEN children up to 13 years old.

Our outside area is currently under renovation and when this is complete we will be having a fun filled open day for everyone – watch this space!!! For more information telephone **017683 62468**.

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SHAPWELLS HOTEL

Reopens on 17th May

www.shapwellshotel.com
reception@shapwellshotel.com
01931 716628

LOCAL DIRECTORY

RECTOR	Revd Stewart Fyfe	01931 714 620
CURATE	Revd Sheila Clark	01931 714 238
DEACON	Revd Sandy Pearl	01931 714 564
READER	David Jones	01931 714 338
BOLTON MEMORIAL HALL		
Bookings	Deborah Brockbank	07825458288
Secretary	Christine Taylor	017683 62082
BOLTON PARISH COUNCIL		
Chairman	Peter Griffiths	017683 61944
Clerk	Shelagh Leyland	017683 62327
CLIBURN VILLAGE HALL		
Bookings	Margaret Burne	01931 714218
CLIFTON PARISH COUNCIL		
Clerk	Rachel Kelly cliftonpc@outlook.com	01768 863900
CROSBY RAVENSWORTH		
Ward Councillor	Joan Raine (joan.raine@eden.gov.uk)	01931 715351
CROSBY RAVENSWORTH VILLAGE HALL		
Bookings	Freda Smith	01931 715381
GREAT STRICKLAND PARISH COUNCIL		
Clerk/Village Hall Bookings	Usually meets last Monday in month Ruth Tupling	01931 712 571
MAULDS MEABURN POST OFFICE		
MAULDS MEABURN VILLAGE INSTITUTE		
Bookings secretary	Tuesdays 9.30-11.30am in the village hall Vanda Betts	01931 715 391
MORLAND PARISH COUNCIL		
Clerk	Lisa Beken clerk@morlandparishcouncil.org	
MORLAND COMMUNITY FIRST RESPONDERS	Caroline Sterling (cster52822@aol.com)	01931 714 971
MORLAND & NEWBY VILLAGE HALL		
Secretary	Julia Evans (alexjulia@btinternet.com)	01931 714 158
Chair & Treasurer	Jane & Ian Barnes (ickb1960@gmail.com)	
MORLAND WARD COUNCILLOR	Michael Tonkin (mike.tonkin@eden.gov.uk)	01931 714 094
NEWBY PARISH MEETING		
Clerk	Meg Hancock (meghnc@btinternet.com)	01931 714 432
KINGS MEABURN POST OFFICE		
(at the White Horse Inn)	Tuesday 12.30pm-5.30pm, Wednesday 12 noon-5.30pm, Friday 8.30am-1pm	01931 714 256
KINGS MEABURN VILLAGE HALL		
Bookings	Alison Goldfinch (kenandali@ntlworld.com)	07807454079
BROWNIES		
Guider	Jo Laverick (jolaverick63@gmail.com)	01931 714216
SLEAGILL PARISH MEETING		
Clerk	Lucy Tonkin (sleagillparish@zoho.com)	01931 714 094
NORTH WESTMORLAND NEWS		
Editor	Alex Paris (EditorNorthWestmorlandNews@outlook.com)	
Advertising Manager	Meg Hancock (meghnc@btinternet.com)	01931 714 432

The North Westmorland News welcomes items from readers and news from all eight parishes. However, we must reserve the right to edit any contribution and inclusion is subject to space being available. The views expressed are those of the contributors. and are not necessarily those of the Editor, the Newsletter or the Church.

As soon as one Newsletter goes to press, we start on the next, so please send material for the February issue

7th February at the very latest.

Material by email, with phone call to confirm arrival, to: spclark1@btopenworld.com